

Value Education Certificate Course 2021

Organised by IQAC, Surendranath College

Mastering 'The Mind' by Vedantic Way to Conquer Negative Emotions

SYLLABUS:

- **Module-1:**

Unit 1 - To explore inner essence, "Who am I?" according to Mandukya Upanishad. Four states of Consciousness.

Unit 2 - Four Faculties - Mind - Memory - Intellect - Ego.

Unit 3 - Location of Desire and Knowledge to detach one's 'Self' from these faculties and ultimately to be desire-free or *Basanamukta*.

Unit 4 - Value of a clear Mind.

[10 P]

- **Module-2:**

Unit 1 - Constituents of Gross Body - Twenty Four-elements Theory of Samkhya Philosophy.

Unit 2 - Un-colouring thoughts by practising 8-fold Yogic process of Yoga Philosophy - Absolute Freedom from subconscious impressions resulting in perpetual Enlightenment.

[10 P]

- **Module-3:**

Unit 1 - Foundations of Moral-Ethical science according to Taittiriya Upanishad - 9th and 11th *Anubaka*.

Unit 2 - Characteristics of The Absolute Brahman - Existence - Consciousness-Bliss. Relation between Brahman and *Atman*. Five sheaths of *Atman*.

[10 P]

- **Module-4:**

Unit 1 - Statement of 'Law of Karma' and methodology to go beyond this Law. Characteristics of 'Karma' to be called as 'Yoga' as enshrined in the *shloka* number 2.47, 2.48, 4.16 to 4.18 in The Gita.

[10 P]

- **Module-5: VALUE EDUCATION & SPIRITUALITY**

Unit 1 - Definition, Concept and Classification of values.

Unit 2 - The need for value education in India.

Unit 3 - Developing Spirituality.

Unit 4 - Character Development, A childlike approach to Life.

Unit 5 - Challenges of Value Adoption.

[6 P]

- **Module-6: EXPLORING SPIRITUALITY**

Unit 1 - Samskar remodelling.

Unit 2 - Spirituality in Action.

Unit 3 - Raj yoga - Healthy, Value-Based Lifestyle.

Unit 4 - Principles for a spiritual Lifestyle.

Unit 5 - Daily Spiritual Study Regularity & Punctuality.

Unit 6 - Relation between Diet and spiritual Practice - Vegetarian diet - 3 aspects of offering-Foods, to eat & not to eat -Free from Addictions.

Unit 7 - Selfless Service Different forms of Services.

[8 P]

- **Module-7: PRACTICAL**

1. Counselling 2. Dissertation.

[6 P]

COURSE GUIDELINES:

- **Semester 1:** Module - 1, 2
- **Semester 2:** Module - 3, 4
- **Semester 3:** Module - 5, 6, 7
- **Course Duration :** 6 Months - two periods/week for each semester - every Saturday & Sunday 7:30 PM - 8:30 PM.
- **Registration** is **free** but **mandatory** to attend the course. Registration link: <https://forms.gle/eVSoscmA5xgrDoWK7>
- **Principal instructor :** Dr. Asok Kumar Das, Dept. of Physics, Surendranath College.
- Classes will be in Bengali and English mixed vernacular.

*** All other details will be provided in the WhatsApp group created for this course ***

Recommended Books

1. Sadhana, by R N Tagore, Macmillan Co. New York,1920
2. Personality, R N Tagore, Macmillan Co. New York, 1917
3. The Thirteen Principal Upanishads , by R E Hume, Oxford Univ. Press, 1921
4. The Principal Upanishads, by S.Radhakrishnan,George Allen and Unwin Ltd., London,1968
5. The Vaishnava vedanta, Dr. M. Brahmachari, M. C. W. T. Raghunathpur, Kolkata-59
6. উপনিষদ গ্রন্থাবলী- স্বামী গঙ্গীরানন্দ, ১ম,২য়,৩য় খণ্ড, উদ্বোধন, 2015
7. উপনিষদ্ ভাবনা, ১ম,২য় খণ্ড, শ্রীমহানামব্রত ব্রহ্মচারী, মহানামব্রত কালচারাল অ্যাণ্ড ওয়েলফেয়ার ট্রাস্ট
8. গীতাধ্যান, শ্রীমহানামব্রত ব্রহ্মচারী, মহানামব্রত কালচারাল অ্যাণ্ড ওয়েলফেয়ার ট্রাস্ট
9. Trans. by M.N. Dvivedi, 1894,The Manduky Upan., Bombay Theosophical Publ., India
10. Tattabodh by Shankaracharya, translated by Swarup Chaitanya, Central C M Trust, India



IQAC, SURENDRANATH COLLEGE PRESENTS

FREE ONLINE VALUE EDUCATION CERTIFICATE COURSE 2021
(OPEN TO ALL AGE GROUPS)

MASTERING THE MIND BY VEDANTIC WAY TO CONQUER NEGATIVE EMOTIONS

INAUGURATION: JUNE 21, 2021 (INTERNATIONAL YOGA DAY)

COURSE STARTS FROM JUNE 26, 2021

EVERY SATURDAY & SUNDAY 7:30 PM – 8:30 PM

COURSE DETAILS

ENROLL NOW!

- Principal instructor : Dr. Asok Kumar Das, Dept. of Physics, Surendranath College
- Motivational speeches by renowned speakers from relevant field
- Classes will be in Bengali and English mixed vernacular